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Parents anticipating spending on back-to-school

ECONOMY Canadian retailers may have some reason to breathe a sigh of relief this fall, according to a study that suggests parents are not planning to scrimp on back-to-school spending.

Scotiabank said yesterday parents would spend an average of \$310 to get their children ready for the return to school, about the same level as last year.

Throughout the year, parents expect to spend an additional \$406 on school-related incidentals from field trips to pizza lunches. Such expenses affect all parents with school age children, but 71 per cent say they have not budgeted for these costs.

Quebec parents plan to spend the most at \$399; Ontario parents the least at \$266; Atlantic Canadian parents came in at \$322.

The survey conducted by Harris/Decima was conducted Aug. 7 to 11, involving 1,000 parents with children 17 and under living in the household.

THE CANADIAN PRESS

Entertainment pg 17



Emmy buzz

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Charity Nice one, Weir

Canadian golfer Mike Weir gets a high-five from Capital Health president and CEO Chris Power after he hit a long putt on the 14th hole of the Glen Arbour Golf Course in Hammonds Plains during his Miracle Golf Drive for Kids event yesterday. Weir played nine holes at both Glen Arbour and the Ashburn Golf Club, with proceeds from the event benefiting the IWK Health Centre.

Africville protest

A third Carvery now on site demanding inquiry

JON TATTRIE
 for Metro Halifax

The Africville protest site grew yesterday as the son of the last resident of the demolished north-end community added his camper to the area just outside of Seaview Park.

Nelson Carvery's father, Aaron "Pa" Carvery, was the last Africville resident to leave the community before it was bulldozed by the city in the 1960s. He joins

his cousin Eddie Carvery, who has been protesting at the site since 1970, and Eddie's brother Victor. Eddie is permanently based at the site, while Victor and now Nelson regularly join him.

"My father had a lot of land," Nelson said yesterday. He says his father, who died in the 1970s, was paid

\$14,000 for his home to make way for the MacKay Bridge, and the land not used for that project should have been returned to him. It wasn't, nor was the land belonging to his grandfather, William Carvery, and he wants a public inquiry to figure out what happened.

"We'll be there till we get an inquiry. I don't think anything was done above board. There was a lot of backroom dealing," said Nelson, who grew up in Africville.

Eddie, who has been thrown off his protest site by the city numerous times in his 39-year campaign, said he was glad for the company and hoped it would signal a new, more political aspect to the protest. Eddie and Victor said they have hopes to soon meet with Premier Darrell Dexter to discuss their case.

"We need corporate support. We need people to say, 'We're going to right this wrong,'" Eddie said.

Yes to funds ... just not for four-pad

KRISTEN LIPSCOMBE
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Federal Cabinet Minister Peter MacKay promised Halifax and the rest of the province "not just shovel-ready projects, but wrench-ready projects," yesterday.

But despite hinting Nova Scotia will soon see federal infrastructure funds for projects ranging from the aerospace industry to the military, MacKay reiterated Ottawa doesn't intend to change its mind when it comes to not funding the planned four-pad arena for Hammonds Plains.



Peter MacKay

"We've supported many, many recreation facilities around the province, including here in Halifax," the Central Nova MP told reporters following a press conference in Upper Tantallon, where he announced more than \$3.1 million in funding for the first phase of the municipality's MetroX express transit project, which totals \$5.8 million.

MacKay said more infrastructure announcements will be made in Nova Scotia in the near future, explaining criteria for projects picked for federal support "are the same across the country."

Despite not getting federal money, Halifax Regional Council is still moving forward with the \$40-million four-pad arena, scheduled for completion in September 2010.

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Mechanical problems with Northumberland Ferries' MV Confederation resulted in the cancellation of crossings between Pictou and Wood Island, P.E.I., yesterday, CBC News Online reports. The 12:30 p.m. crossing from Wood Island and the 2:30 p.m. crossing from Pictou was canceled. **METRO NEWS SERVICES**

Local



Paisley part of country fest

The Halifax Metro Centre will be stoked with country music fans tomorrow night as Brad Paisley is in town for a performance at 7:30 p.m. Paisley is a Grammy Award-winning country music star from the United States, who has seven gold records and more than a dozen No. 1 hits. Opening for Paisley are Dierks Bentley and Jimmy Wayne. Tickets are still up for grabs and cost \$71.50 and \$56.50. They are available by phoning 451-1221 or visiting www.ticketatlantic.com. **METRO HALIFAX**



Campers trapped in Loch Lomond by storm rescued

CAPE BRETON Firefighters in rescue boats evacuated 11 campers Sunday morning who were trapped by stormy weather and rough water conditions on an island in Loch Lomond near Big Pond in Cape Breton. Fire chief Colin McPherson, of the Loch Lomond Volunteer Fire Department, said yesterday the 11 are mostly summer residents of the area who set out together Saturday to spend the night tenting on the island.

Heavy rain from a storm overnight Saturday and into Sunday morning swamped their tents and camp site and high winds made the lake too rough for the boat they used to get on the island, he said. "With the storm that night, they got washed out," he said. "The tent got flooded and knocked down. They spent the evening wrapped with a tarp around them on the beach." **CAPE BRETON POST**

Harvests of some shellfish banned

FISHING The Department of Fisheries and Oceans has ordered a stop to the harvesting of some types of shellfish in the Maritimes. The ban, which includes clams, oysters, mussels and quahogs, extends to all of Nova Scotia and P.E.I., southwestern New Brunswick and much of the gulf shore of New Brunswick. It was prompted by concerns over increased bacterial levels brought on by recent heavy rains.

Environment Canada is doing tests in some areas to determine levels of contamination.

It's not clear how long the ban, which does not include scallops, will be in effect. **THE CANADIAN PRESS**

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Teen may not have been targeted

Police examining whether 17-year-old was intended victim of shooting

PHILIP CROUCHER
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Halifax Regional Police doesn't know if a 17-year-old shot in the leg Sunday night on a north end Halifax street was the intended victim.

Just before 11 p.m., police were called to the 2300 block of Creighton Street in relation to someone being shot. When police arrived a 17-year-old male was suffering from a gunshot wound to the leg.

Police allege the victim was sitting on the front step of a house on the street's 2400 block with a group of friends when three black males dressed in black hoodies and dark pants approached them on foot.

Police say one of the suspects produced a handgun and fired several shots towards the group, with the victim being struck in the leg.

"We don't believe it's a random incident, but one thing we'll be looking at is whether the victim was the intended target," police

'Good guy'

Downtown Halifax councillor Dawn Sloane lives on the street where Sunday night's shooting took place and wrote on her Facebook page the 17-year-old victim is a neighbour of hers.

"He ran home after he was shot. He's a good guy and these punks need to stop ... random shootings," she wrote. Sloane didn't return a phone message left for her by Metro yesterday.

Police spokesman Const. Brian Palmer said yesterday. "The victim is not known to police, that is why part of our investigation will be to determine if he was the intended target."

The victim was transported to the QEII Health Sciences Centre in Halifax with non-life-threatening injuries.

When asked if the 17-year-old is co-operating with police, Palmer said "What I would say is the investigation is progressing, but that we're looking to speak with anyone who



A forensic identification officer with the Halifax Regional Police looks for evidence yesterday after a shooting on Creighton Street late Sunday night. A 17-year-old male was shot in the leg and was taken to the QEII Health Sciences Centre, where he received treatment for non-life-threatening injuries.

could provide information to us."

HRP's identification unit was back at the scene yesterday searching for evidence. Police believe there

were multiple shots fired, and that the suspects fled on foot after the shooting. The group shot at also fled, police say, with the victim going to another house

down the street where police were called.

"At this point, there is no information to suggest that there will be a retaliation," Palmer said.

NSLC sees 'modest growth' in first-quarter alcohol sales

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A spike in sales for a financial quarter leads to another — and another and another — for the Nova Scotia Liquor Commission.

The Nova Scotia Liquor Corporation announced its first quarter results (April 1 to June 28) yesterday and it again shows people in this province love to buy booze.

There was a 3.4 per cent increase in gross sales for the NSLC — compared with the same three-month period in 2008 — along with a 5.2 per cent increase in retail sales and a 1.6 increase in net profit.

But while sales and profits are up, NSLC spokesman Rick Perkins called the figures released yesterday "modest growth" for the government-run com-

"Compared to retail, they're strong results. Compared to our historic (numbers) it's more modest growth."

NSLC spokesman Rick Perkins, on quarterly results of liquor sales

mission.

"It's substantially less than the last few years when we've been averaging four or five per cent (increases)," he said of quarterly results.

"Compared to retail, they're strong results. Compared to our historic (numbers), it's more modest growth."

For the calendar year 2008, the NSLC saw gross sales jump 5.5 per cent and net income seven per cent. Gross sales in the first quarter this year reached \$140.1 million while profits rose to \$52.7 million.

Specifically, the biggest jump in gross sales came from ready-to-drink products at 9.3 per cent. Wine rose 5.3 per cent, beer 3.5 per cent and spirits 1.3 per cent.

When sales are measured by product volume, there is a slight increase at 0.7 per cent, with ready-to-drink products up 10.2 per cent and wine 4.6 per cent. Beer sales were basically flat while spirits dropped one per cent.

There was an 8.5 per cent decline in liquor sales to bars and restaurants, but sales to agency stores rose 5.5 per cent.

U.S. military plane makes safe emergency landing

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None of the 23 people aboard a U.S. military plane were hurt when one of its four engines failed yesterday, forcing it to make an unexpected stop at the Halifax Stanfield International Airport for repairs.

"The aircraft touched down beautifully, without incident," Halifax International Airport Authority spokesman Peter Spurway said of the 1:15 p.m. landing, an hour after the airport was notified that a C-130 Hercules "had an issue with an engine."

Spurway said the crew onboard requested "a diversion into Halifax," emphasizing that's not the same as an emergency landing, which essentially means landing in "the nearest place you can get

to, as quickly as you can." Nevertheless, he said the airport had emergency vehicles "on call if needed," adding it was obvious from the ground that there was a problem with the American military turboprop aircraft as it approached.

"We could see very clearly ... (that) one propeller's not going around."

Spurway said diversions into Halifax aren't unusual, explaining they usually happen in poor weather, when someone on the aircraft is sick, or when there's a mechanical problem with, for example, the landing gear. But engine failures are less common, he said.

The spokesman couldn't say where the plane was flying from or to, as the U.S. military isn't required to share that information. He said commercial flights weren't affected by the landing.

Partnership announced to help restore Sackville River spawning habitat

The Sackville Rivers Association has announced a partnership with the Atlantic Salmon Conservation Fund that it says will see the restoration of over 5,000 square metres of Atlantic salmon and speckled trout habitat in the Sackville River. The move is expected to help restore destroyed spawning habitat, an SRA release said. **METRO HALIFAX**

local **3**

Summer camp funds to go across province

INITIATIVE A drop in the number of people participating in summer camp programs has resulted in the province redesigning its summer camp initiative.

A government release issued yesterday said the changes would give children and young people with special needs or who come from low-income families more opportunities to participate in camps and specialized programming.

The province says consultation with community members cited having only three residential camp locations and a lack of specialized programming reasons for the decline in participants.

The YMCA Greater Halifax-Dartmouth has been in charge of running the summer camps for the past 13 years, but starting in 2010, the funding will be distributed to community organizations across the province.

The release said over the next few months staff will work with these groups "to make summer camps accessible and available to more families."

METRO HALIFAX

News in brief

DEATHS A head-on collision in P.E.I. claimed the lives of both drivers — one a woman from Porters Lake — in a Friday night accident on Hwy. 1 in Hampton. The accident claimed the lives of Andrea Hughes, 42, of Porters Lake, and Sean MacIntosh, 43, of Meadowbank, P.E.I. Both drivers were pronounced dead at the scene. The drivers were alone in their vehicles when the accident occurred. RCMP said a car with N.S. plates was travelling toward Confederation Bridge when it collided with a sport utility vehicle. RCMP said it appears speed played a factor in the accident.

CHARLOTTETOWN GUARDIAN



Commuters board a new MetroX bus in Upper Tantallon yesterday morning. The new express bus provides service between the Hubley Centre and downtown Halifax.

Feds announce \$3.1M for city transit project

Commuters test MetroX buses on first day

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Upper Tantallon resident Nick Reynolds says he doesn't mind doling out \$100 every month for a faster daily bus ride from his suburban community to downtown Halifax.

In fact, not only will he save time by hopping on the MetroX every morning at the Hubley Centre, but he's also "saving on gas and parking" by using the express public transit service instead of taking a car, the 28-year-old office worker pointed out yesterday morning.

"I think it's worth it," he said, shortly before trying out one of three new modern buses now on the road. His comments also came shortly after federal cabinet minister Peter MacKay announced a more than \$3.1-million contribution from Ottawa toward the total

Schedules

- Metro Transit spokeswoman Lori Patterson said a pilot community transit service for Sambro also started yesterday, adding all fall changes to HRM's public transit scheduling have now taken effect.
- Go to www.halifax.ca/metrotransit for schedules and route maps.

\$5.8-million cost of kicking off the first phase of the municipality's ongoing public transit project.

"I'll be using it pretty much every day," Reynolds said. "So, it's really convenient for me."

MacKay joined provincial Community Services Minister Denise Peterson-Rafuse and Halifax Regional Municipality Mayor Peter Kelly for the early morning launch of MetroX at the Upper Tantallon park-and-ride lot off Highway 103, where curious

commuters waited to board one of the air-conditioned, more comfortable-looking buses for the first time. At least one city staffer secured a bicycle to the vehicle's front rack.

The province is giving \$96,000, while HRM is picking up the remaining \$2.5-million, in order to get the first MetroX route up and running. The service from Upper Tantallon is one of many planned for park-and-ride lots along 100-series highways within the municipality. Metro Transit also says each MetroX bus can accommodate one wheelchair.

"Infrastructure investments like this help create jobs, support jobs and keep our economy rolling," MacKay said. "The bus is revved up and ready to go."

Monthly MetroX passes for adults cost \$100 each, while one-way fares are \$3.25, or \$2.50 for children and seniors.

Upcoming Sweden trip 'chance of a lifetime': Sustainability manager

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The manager of HRM's sustainable environment office says city officials have "to get outside of our own sandbox" to learn how to better the municipality as a whole — and that includes an upcoming educational trip to Sweden.

"There's absolutely no way we're going to continue to be a leader in sustainability if we don't continue to take advantage of these wonderful opportunities from elsewhere," Andy Fillmore said yesterday.

Fillmore was reacting to recent concerns raised by Coun. Linda Mosher of Purcell's Cove-Armdale that the municipality shouldn't be spending \$20,000 to send "a large delegation" to a foreign country during tough economic times.

"It's council's duty to be cognizant of taxpayer funds," Mosher reiterated yesterday.

Mosher said she's also "very disappointed" councillors didn't find out about

the overseas trip until late last week, via an internal email. "Although this didn't have to come to council ... the optics are certainly not, in my opinion, positive."

But Fillmore, who is one of about a half dozen city staffers who are making the journey for 10 days in October, called it "a chance of a lifetime" to learn from some of the most forward-thinking municipalities in the world. He said one city councillor will also be attending.

Fillmore said the invitation came from a Swedish sustainability expert who visited Halifax last fall, adding city staffers will not only be learning, but will also be teaching communities what they know about public consultation.

Mosher said she understands "you can't learn everything sitting home at your desk," but added she only sees the merit in sending two people.

Mayor Peter Kelly, who isn't going to Sweden, agreed yesterday HRM has "to make sure that if we're going anywhere, it's done for the right reasons."



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A Polish man charged with assaulting fellow passengers on an Air Canada flight to London, England, is going to be sent to his home country after a psychiatric assessment determined he has a mental illness. The scuffle prompted the pilots to divert the flight to St. John's, N.L. **THE CANADIAN PRESS**

Canada/World

Conservatives on 'life support'

Ignatieff says toppling Tories will be considered

Michael Ignatieff says the Harper government is on "life support" — but he won't say when he'll try to pull the plug.

The Liberal leader says that decision will be made after discussions with MPs and senators at this week's caucus meeting in Sudbury, which wraps up tomorrow.

The caucus is to discuss priorities and strategy, including when they should attempt to bring down the minority Conservatives.

Ignatieff dismissed Tory warnings that a fall election could threaten the fragile economic recovery by delaying stimulus spending.

He says stimulus money has hardly been flowing anyway so there's not much to hold up.

Earlier today, Transport Minister John Baird — the government's point man on infrastructure programs — said it would be irresponsible of the Liberals to topple the government.

He noted that the econo-



Liberal Leader Michael Ignatieff speaks during a press conference at Liberal summer caucus in Sudbury yesterday.

my grew slightly in June for the first time in almost a year and said it's important to stay on course with stimulus plans.

Last fall, Prime Minister

Stephen Harper ignored his own fixed-election date law and called a vote just before the country plunged into recession.

THE CANADIAN PRESS

News in brief

BACK TO SCHOOL Canadian retailers may have some reason to breathe a sigh of relief this fall, according to a study that suggests parents are not planning to scrimp on back-to-school spending. Scotiabank said yesterday that parents will spend an average of \$310 to get their children ready for the return to school, about the same level as last year. Parents expect to spend an additional \$406 on school-related incidentals from field trips to pizza lunches.

LOTTERY Ontario's problem-plagued lottery and gaming corporation was overhauled yesterday as the province's finance minister fired its CEO and replaced the entire board of directors. The auditor general was also brought in to review questionable spending at the Ontario Lottery and Gaming Corp., which included one executive charging taxpayers almost \$500 for a nanny. The move comes after the government found questionable expense claims filed by executives going back years.

THE CANADIAN PRESS

30 days for throwing pie at Alberta premier

A Calgary woman who tried to make a political statement by throwing chocolate cream pie filling at Alberta Premier Ed Stelmach during a Stampede breakfast was sentenced yesterday to 30 days in jail.

Lily Phan was found guilty earlier this year of assault with intent to resist arrest and assaulting sheriff Hady Hammoud as he attempted to stop her from tossing the pie at the premier on July 9, 2007.

The sheriff's arms and stomach were splattered by the filling, which missed Stelmach.

Such attacks are no laughing matter, said provincial court Judge William Cummings as he handed down the sentence.

"These actions were not just impulsive or spontaneous. This was a planned and deliberate intent to assault the premier."

Cummings referenced similar sentences given to a man who pied former Alberta premier Ralph Klein at a Stampede breakfast several years ago and a woman who hit Calgary Mayor Dave Bronckner with a pie in 2007.

The fact that Phan's pie didn't connect with the premier doesn't make her offence any less serious than others who have used pies as forms of protest, he added.

"There's no excuse for assault on a public servant in the execution of his duties."

THE CANADIAN PRESS

"This was a planned and deliberate intent to assault the premier."

Judge William Cummings

Afghan election complaints no surprise: Cdn. monitor

FRAUD ALLEGATIONS The sheer volume of accusations of ballot box stuffing, fraud and voter intimidation in the Afghan presidential election may be disappointing but it doesn't come as a surprise to the head of the UN-backed Electoral Complaints Commission.

Grant Kippen, a Canadian as well as the man who chaired the commission during the previous election in this politically-volatile country, said he expected a lot of complaints — again.

The commission has received more than 2,000 complaints from all of the candidates in the Aug. 20 vote. Investigations are focusing only on the more serious allegations brought

"They have the potential to change election results."

Grant Kippen

forward. "The ones that we have given top priority — some 613 complaints — are the ones we're focusing on at the moment," Kippen said yesterday in a telephone interview with The Canadian Press.

"They have the potential to change election results."

The temperature of the political rhetoric surrounding the vote has been rising, akin to the 40-degree heat scorching the country's southern region this week.

Haji Ahsan, a provincial council member from Kan-

dahar, for example, is not mincing his words.

"I can say that it was all fraud and it wasn't done by one or two persons, it was done by everybody who was part of the election," he said.

"This kind of government loses the trust of people."

Ahsan said figures indicated there were 10,000 ballots cast in the Maywand District but in reality the turnout was only a fraction of that.

There have been complaints throughout Afghanistan but the lion's share comes from the south, where the Taliban still has a strong hold on the public psyche and voting was strongly discouraged by the insurgents.

THE CANADIAN PRESS

California fire doubles in size

WILDFIRE A massive fire in the Los Angeles area nearly doubled in size overnight, threatening 12,000 homes yesterday in a 32-kilometre-long swath of flame and smoke and surging toward a mountaintop broadcasting complex and historic observatory.

At least 6,600 homes were under mandatory evacuation orders and more than 2,500 firefighters were battling the flames. On the blaze's northwestern front, two firefighters were killed Sunday when their truck drove off the side of a road.

The fire was the largest of at least eight burning up and down California after days of high temperatures and low humidity.

The Los Angeles-area blaze had burned at least 21 homes and was moving north, south and east through the foothills northeast of the city.

"It's burning everywhere," U.S. Forest Service spokeswoman Dianne Cahir said. "When it gets into canyons that haven't burned in numerous years, it takes off. If you have any insight into the good Lord



A burned traffic sign sits on the Angeles Crest Highway near Los Angeles yesterday.

Five trapped

• The Los Angeles County Sheriff's Department says five people who refused to heed wildfire evacuation orders are trapped in a canyon and it's too dangerous to rescue them. Yesterday they called for help because they were unable to leave a ranch in Gold Canyon.

upstairs, put in a request."

The fire had burned 347 square kilometres of brush and trees by early yesterday

and was just five per cent contained.

More than 20 helicopters and air tankers were preparing to dump water and retardant over the flames. Two Canadian Super Scoopers, giant craft that can pull thousands of litres of water from lakes and reservoirs, were expected to join the fight later on.

California Governor Arnold Schwarzenegger on Monday issued emergency declarations for the counties of Placer, Monterey, Los Angeles and Mariposa.

THE ASSOCIATED PRESS

News in brief

TAIWAN The Dalai Lama exhorted Taiwan yesterday to safeguard its democracy, interspersing prayers for the victims of Typhoon Morakot with a

challenge to Communist China. The call from the Tibetan spiritual leader appeared to contradict assurances that his visit to comfort victims of the storm

would steer clear of politics — a concern for President Ma Ying-jeou's administration, which is seeking closer ties with the mainland. **THE ASSOCIATED PRESS**

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Comment

Lessons from Einstein

NationalReport

Lawrence
Martin

metronews.ca/nationalreport

Albert Einstein detested rote learning. Students returning to school next week might be encouraged to know that the renowned physicist who unlocked mysteries of the universe was no genius in the classroom.

At 15 he was ushered out of one school owing to undistinguished performance and impudence. Later, at Zurich Polytechnic, he flunked a course in physics, of all things, scoring the lowest grade possible. He graduated, but near the bottom of his class.

The reason for Einstein's early scholastic mediocrity was that teachers — as many still do today — re-

warded regurgitation as opposed to imagination. His strength was the latter. In his engaging biography of Einstein, Walter Isaacson shows how his contrarian, independent nature made his breathtaking discoveries possible. He was always resisting conventional wisdom and always standing up against what was known in German as *zwang*. It means compulsion, coercion, having to submit.

For Einstein's liking, too many mechanically obedient automatons walked the halls. In their rush to conform they left their brains behind. Conformists were losers. Their "foolish faith" in authority was "the worst enemy of truth."

Today's teachers, es-

pecially if they're the enforcer types (we'll call them *zwangers*), might not like Einstein's pedagogical theories making the rounds. No telling what a rash of independent thinking might do.

In Einstein's day, *zwang* held sway at the student and the political level (Nazis). He left Europe for the freedom of Princeton University, a freedom that was interrupted by McCarthyism. His non-conformist passions, the key behind his theory of relativity, extended to politics in his continuing campaigns against nationalism and in his promotion of pacifism.

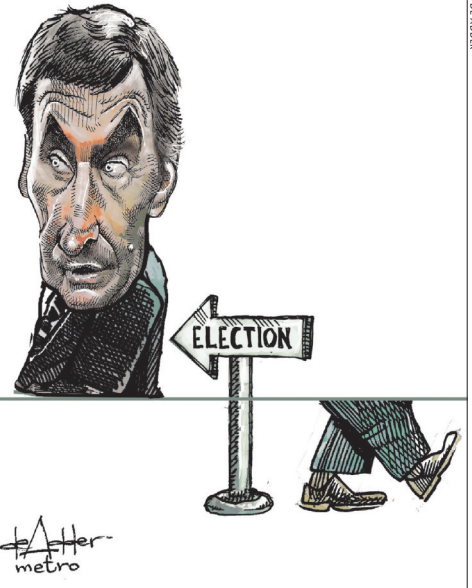
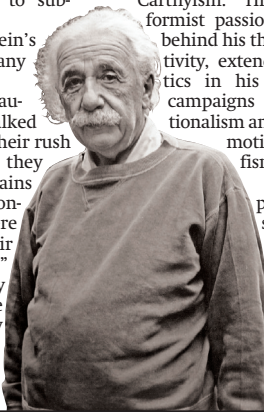
His example, as Isaacson points out, is vital today. Conformists in the centres of learning, conformists in politics, are still

dominant. We see how pressures accumulate on Barack Obama to water down his promise of universal health care and other planks in his change agenda. We see how Liberal Leader Michael Ignatieff, a creative, independent thinker, has been muted by pressures to conform and is criticized for spending too much time learning abroad.

In too many disciplines, today's leaders are consensus seekers as opposed to consensus changers. The key in schools, in politics, is to foster an environment that is creative. "I have no special talent," Einstein once said. "I am only passionately curious."

Let the mind roam, he advised and keep it roaming. Indolence, he told his unemployed son, is a killer. "Life is like riding a bicycle," he said. "To keep your balance you must keep moving."

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



MICHAEL DE ADOR

Worth mentioning

Canadians dared to help African AIDS projects

You can lace up your running shoes, but you can also host a dinner party, yodel on the subway or carry a canoe through city streets to raise money to fight AIDS. Whatever you choose, preposterous or not, it's a dare.

That's the message being sent to Canadians by a new fundraising initiative from an AIDS group started by Canada's former United Nations ambassador Stephen Lewis, now a professor of global health at Hamilton's McMaster University and co-director of AIDS-Free

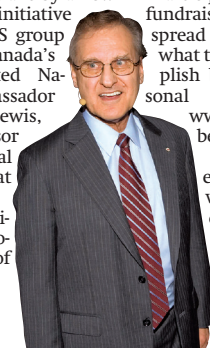
World.

The Stephen Lewis Foundation, which supports hundreds of community-based organizations sustaining people affected by HIV/AIDS in 15 African countries, launched the Dare to Remember campaign yesterday.

Participants can set a fundraising goal and spread the word about what they plan to accomplish by creating a personal web page at www.adaretoremember.org.

The dares will be enacted during the week of Oct. 17, in celebration of the courage Africans touched by HIV/AIDS show daily.

THE CANADIAN PRESS



Stephen Lewis

We Know What You're Thinking

20%

The number of Canadians who would have cosmetic surgery done if they had the means and the ability.



IPSOS REID

Views

Breaking down bankruptcy numbers

InBusiness

Charles
Davies

metronews.ca/inbusiness

Bankruptcies are up, to begin with. There is no doubt whatever about that.

The researchers at Statistics Canada must have felt positively Dickensian when they reported there were 14,148 bankruptcies either declared or proposed in June, 51 per cent more than in June 2008. For the 12 months ending with June, bankruptcies were up nearly 29 per cent to 143,883. That's a lot of financial misery, and about what you would expect during a severe recession.

The trouble is, those big numbers don't mean much unless you break them down. And when you do, they tell a more optimistic story of what's happening in this country.

It turns out that almost 96 per cent of those June bankruptcies were personal while fewer than four per cent were business. Over the previous year, it was the same story: 95 per cent of bankruptcies were personal; the rest were businesses.

In fact, business bankruptcies in Canada have been in a long-term decline: Since 1990, the annual total of business failures has dropped 47 per cent, and since 2000, the falloff is 39 per cent. There are a number of reasons for this.

A Compas poll of business leaders in May report-

ed that most of those surveyed thought the Canadian economy was inherently more stable than the U.S. economy and that we enjoy a strong, well-regulated financial system. Yes, there were valid complaints in the early stages of the recession that our banks were clamping down on credit. But unlike U.S. banks that went all-in with subprime lending, Canadian banks at least had money left to lend, which has begun to flow again.

It also helps that Canadian companies have been gradually weaning themselves off excessive reliance on the U.S. market. Admittedly, Canadian exporters still send two-thirds of all shipments to the U.S., but only six years ago it was closer to three-quarters.

And it isn't just Canadian

banks that are cautious. Most companies tend to be fairly conservative, keeping their balance sheets relatively unencumbered by too much debt. They are also careful to develop strong positions in both domestic and export markets. Companies are getting better at workouts, doing restructurings with creditors to keep themselves going. They're also good at taking action when times get tough. As ugly as it sometimes seems, they know how to cut costs and, unfortunately, jobs, but it keeps them alive to grow another day.

In the real world, it's the Bob Cratchits who usually go under. Scrooges seldom do.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.

Tell us your views by email to halifaxletters@metronews.ca or comment on metronews.ca or on Twitter @metrohalifax. Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

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business 7

Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Price check, please

AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney

You might wonder why anyone would buy a Toronto Blue Jays' pen as another lame duck baseball season ends. But sometimes need overwhelms good sense.

My 23-year-old daughter, who happens to be deaf, wanted to write a note to a companion during a recent and rare Jays' win. No one had a pen so she dashed to the concession.

Afterwards she noticed that she'd been charged \$9 for the \$3 pen. Fortunately, she easily got a refund. But if she had waited until after the game to check, it might have been, well, game over.

Now, think about all the receipts you acquire in a

week. Do you read each one to ensure you were charged the right amount and received the correct change? Small mistakes can mount up to serious dollars over time.

Even with today's swipe systems, mistakes are made, particularly with sale prices and deals such as two-for-one or buy one get the second at 50 per cent off. A couple of months ago I took advantage of a clothing sale. The cashier missed one of the discounts when she entered them manually. The difference was \$14, not chump change.

You should be especially vigilant in grocery stores or anywhere you might purchase multiple items. I dislike the trend to bag your own and swipe your own purchases at check-

Alison's Money Rule:

- Check your change and your receipts. Small transaction errors add up to big bucks lost.

outs because it is difficult to monitor prices at the same time. Think Saturday afternoon at the grocery store with an impatient line up behind.

I guarantee that mistakes are made in the course of your consumer life. So, follow these three steps to put money back in your pocket: Watch, Compare and Question. 1. Watch the checkout display. 2. Compare the charge or sales price to what you recall on the shelf or label. 3. Question anything you think is wrong.

Checking your receipts is a habit that will pay you back — literally.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

MoneyMatters

Henry Choo Chong

metronews.ca/moneymatters

Q Several months ago, I lost my job. My wife and I must have visited more than four banking institutions. They all turned us down for a temporary loan. Although my wife continues to work, her income is insufficient to qualify. Last week, she used a "payday loan" store to temporarily meet our short-term obligations. Why are there not other alternatives for families that are hurt by the recession?

A — Corey and Jessica Contrary to belief, banks do not provide loans based on

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Payday loans? No way

need but the ability of the individual to repay. In these tumultuous times, financial institutions must be prudent with lending. We have seen how lax lending practices have devastated the U.S. economy. Definitely not a practice Canadians want to copy.

Payday loans are lenders of last resort. These loans should not even be in your list of lenders that money can be obtained. Unfortunately, more than two million Canadians disagree and use the services of payday loans. It's a travesty that there are not alternatives that educate users to

seek and obtain less costly financing. Average income of users is between \$35,000 to \$41,000.

Exhaust these methods to obtain your loans:

- Refinance mortgage — some banks offer deferral of mortgage payments
- Line of credit
- Second mortgage
- Consolidate loans
- Other financial institutions beside banks
- Family, friends, neighbours (swallow some pride)
- Liquidate assets such as furnishings and stocks, etc.

Henry Choo Chong, CGA, can be reached at choochonghcg@yahoo.ca.

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According to a recent survey by RBC, 48 per cent of returning post-secondary students like being responsible for their own finances. **NEWS CANADA**

Student Cents

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA



Hidden fees

Will you live within walking distance of your college or university? If not, expect to add \$100 per month to your budget for public transportation. **NEWS CANADA**

The key to credit

RAFAEL BRUSILOV
for Metro Canada

Building and protecting a good credit history may not be on your course list this semester, but it should definitely be a part of your educational plan.

Good credit can be crucial not only to buying a home or car in the future, but also for things like renting an apartment, starting a cellphone plan or getting good rates on things like loans or insurance.

Having and using a credit card can be a good way to build a good credit history but only if you don't abuse the privilege. Building a strong credit rating begins, ironically perhaps, with making sure you only use money you actually have and pay it back when asked.

"The number one thing you want to do is pay your bills on time," said David Malamed, a forensic accountant at Grant Thornton.

Missed payments can ruin your rating quickly and consistently maxing out your cards also lowers your scores, so be responsible.

Getting a free T-shirt or coffee mug just for signing up for an extra credit card

might seem like a win-win situation, but be wary of annual fees or extremely high interest rates, sometimes in the vicinity of 29 per cent or even higher. Read the fine print before you sign anything and really consider how many cards you need — after all, you really don't want to be charging more to credit cards than you can actually pay back anyways. If your wallet ever gets stolen, more cards will mean more trouble and more risk of fraud for you.

Once you've started building your good credit, you need to protect it. Malamed says fraud is one of the most common ways good credit can go bad and vigilance is often the best protection.

"Religiously check your credit card and bank statements and investigate them — that's really your first step into avoiding a risk of fraud," Malamed said.

Look for anomalies like strange payments for things you didn't buy or double-billing on single items and speak with your credit provider right away if you see something unusual.

Never respond to solicitations for credit cards over the phone as you



Using a credit card can be a good way to build a good credit history — if you don't abuse it.

can't be sure who the person on the other end is. The personal information you give away could potentially lead to identity theft and, in a worst-case scenario, Malamed says a scammer could use your personal information to call up a credit provider, pretend to be you, open

new credit cards under your identity and wreak havoc upon your credit rating by racking up debt.

"It can be an enormous headache and a lot of hours and stress you didn't ask for to deal with it," Malamed said.

Malamed recommends checking your credit score

every six months to a year to make sure what lenders are saying about you matches your credit activities, and to spot potential mistakes or fraud.

Popular credit-report service providers include Equifax (econsumer.equifax.ca) and TransUnion (transunion.ca).

Manage finances

- **Create a financial plan.** Decide how you will allocate your money among books and supplies, food, clothing, entertainment and other items, set a plan and stick to it.

- **Make it monthly.** A monthly financial budget plan is a good choice — weekly may be too difficult to manage and longer periods than a month could cause you to fall too far from your plan.

- **Keep track.** Set up a budget sheet, set your plan and keep track of everything.

- **Time your spending.** A good approach is to try to time your spending — be a bit frugal early in your budget period (for example, in the first couple of weeks). Plan your nights out for later in the budget period.

- **Don't skimp on nutrition.** Don't sacrifice good nutrition to save a few dollars. You will be better off with healthier foods that cost a little more.

- **Work together.** Pot luck and co-op dinners with friends are a great way to save money, try new types and styles of foods, and take a needed break from studies.

- **Remember: Budgeting isn't easy.** If your plan is starting to slip, don't be shy — talk to your parents and tell them where you stand. Catching problems early and dealing with them is always the right thing to do!

— BY PROF. ERIC KIRZNER,
ROTMAN SCHOOL OF
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Declan Hill, author of *The Fix*, joins Ben Rycroft on *It's Called Football* to discuss match-fixing in MLS and around the globe. To watch the interview and to read about a rift that's forming between the USL team owners and league management, visit metronews.ca/blogs

Sports

EDITOR: CHRIS.CLEMENTS@METRONews.CA



Bruschi bows out

Tedy Bruschi, left, announced his retirement after 13 seasons with the New England Patriots yesterday. The 36-year-old inside linebacker was part of all three of the club's Super Bowl-winning teams and returned from a mild stroke suffered in February 2005 to play eight months later.

THE ASSOCIATED PRESS

'I'm just looking to play again'

After walking away from Laval, Tristan Jones ready to run for Huskies

MATTHEW WUEST
matthew.wuest@metronews.ca

A year ago, Tristan Jones reported to training camp with the powerhouse Laval Rouge et Or as the nation's No. 1 recruit at running back. He only lasted a few days.

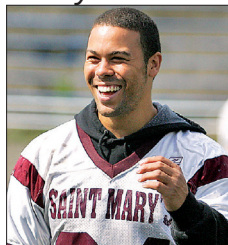
"It just wasn't right," Jones said.

The 24-year-old, a record-setting rusher during his days in the Canadian Junior Football League, cited academic hiccups and the language barrier for his abrupt departure.

"I made the decision before I got too far into it that this was not what I should be doing," Jones said.

Laval's loss was the Saint Mary's Huskies' gain. Jones is three days into camp at Huskies Stadium and — although nursing a hamstring injury — could make an instant impact with a club that led the country in rushing last season.

Jones got a taste of the Saint Mary's campus last fall when visiting his brother Devon, who was an all-rookie running back selection last season. Tristan committed to the school in January and has been prac-



Tristan Jones

About Tristan

Facts and figures about Tristan Jones:

- His father, Milson, was Grey Cup MVP in 1987 with the Edmonton Eskimos and compiled 4,582 yards and 60 touchdowns during his 11-year career.
- He won 2007's Wally Buono award as most outstanding junior player in Canada.

tising with the team ever since.

The five-foot-10 225-pounder is a potential 1,000-yard rusher, according to head coach Steve Sumarah.

"I'm just looking to play again and have some fun," Jones said.

Devon, whose junior statistics pale in comparison



Members of the Saint Mary's Huskies football team gather on the third day of training camp at Huskies Stadium yesterday. The regular season begins on Sept. 12.

to those of Tristan, was one of only two Atlantic University Sport backs to average more than 100 yards per game.

The sons of former CFL great Milson Jones have played together since childhood and have complementary styles.

"He's more of a bruising back and he likes to hit

people, lower his shoulder," Tristan said. "I'm more of a scat-back ... I look for open space more than running over someone."

Jones originally committed to Laval because he wanted to win a Vanier Cup. After he left, the Rouge et Or dominated en route to their fourth national cham-

pionship in six years.

But if you don't join them, beat them, Jones figures.

"Until we beat them, they're the best," he said. "But it's a better fit for me here. And we're looking to become the best. We've got a lot of work to do and hopefully we can get there."

NHLPA dumps its boss

HOCKEY Once again, the National Hockey League Players' Association is looking for an executive director.

The NHLPA's executive board yesterday voted "overwhelmingly" to relieve Paul Kelly of his duties as executive director, effective immediately.

No reason was given in a statement from the NHLPA. But a review of Kelly's performance over the summer produced a list of issues players had with his leadership, said Buzz Hargrove, the former Canadian Auto Workers boss who is now interim ombudsman for the NHLPA.

The NHLPA executive board, which consists of one player representative from each of the 30 NHL teams, made the decision at its annual meeting in Chicago.

NHLPA general counsel Ian Penny will serve as the interim executive director while the association puts together a search committee to identify potential candidates for a replacement.

Kelly, who had been on the job for less than two years, was not available for comment.

Until a new executive director is named, the union is in the hands of Penny, advisory board head Ron Pink, a Halifax labour lawyer, and Hargrove.

THE CANADIAN PRESS

Wildcats pull even with Dry

BASEBALL The host Kentville Wildcats evened the Nova Scotia Senior Baseball League best-of-seven semifinal with Dartmouth Moosehead Dry at one game apiece last night with a 5-1 victory.

Chris Head had two singles for Dartmouth and Jason Bailey suffered the loss. Game 3 is tomorrow at 7:30 p.m. at Beazley Field.

In the other semifinal, the Halifax Pelham Molson Canadians visit the Truro Bearcats tonight at 7:30 p.m.

METRO HALIFAX

Sports in brief

TRACK Usain Bolt has confirmed that he will run the 200 metres at the IAAF World Athletics Final next month in Greece, the international athletics federation said yesterday.

GOLF Jack Nicklaus has a tee time again at the Masters. Augusta National announced yesterday that Nicklaus will join Arnold Palmer as an honorary starter for next year's Masters.

NFL Vikings quarterback Brett Favre says he might have a cracked rib. Favre told ESPN before last night's game at Houston that he hasn't received an official diagnosis but that taking a deep breath caused him some discomfort.

SOCCER Former World Cup winner Patrick Vieira is contemplating a move to America's Major League Soccer after his European career. The 33-year-old Inter Milan midfielder, whose contract expires in a year, has been hampered by injuries for the past two seasons.

THE ASSOCIATED PRESS

Mooseheads will keep three 20-year-olds

MATTHEW WUEST
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The Halifax Mooseheads will use three over-agers this season.

Mooseheads head coach and general manager Cam Russell said yesterday he has decided to use the maximum number of 20-year-olds allowable under QMJHL rules, meaning forwards Yuri Cheremetiev and Linden Bahm and defenceman Alexandre Brunet will be on the opening-night roster.

Before camp started, Russell wasn't sure whether he wanted to sacrifice youth for three over-age spots.

"Those were our three best 20-year-olds," said Russell, who cut forward Eric Louis-Seize and defenceman Ben MacAskill in the past week. "That's



Linden Bahm will be one of three 20-year-olds on the Halifax Mooseheads roster this season.

why they're still here and they're definitely going to be starting the season with us."

Cheremetiev was the team's co-leading scorer last season and was expect-

ed to earn a spot. Brunet was a solid defender with the Memorial Cup host Rimouski Oceanic last season and will be an important leader for the team. Bahm had the most to

prove coming into camp and has been outstanding.

"We have a 20-year-old defenceman (Brunet), a 20-year-old forward scorer (Cheremetiev), and a 20-year-old hard-working, character player (Bahm)," Russell said. "They all bring three very different but three very important traits to the table."

The Mooseheads' pre-season roster was trimmed to 29 yesterday after 17-year-old forward Kody Orr of Lower Sackville left camp to preserve his NCAA eligibility. Four other players — defencemen Trey Lewis and Ryan Matheson and tryouts Ryan Nickerson and Gatlin Burt — were cut.

For a detailed analysis on the Mooseheads' roster, visit Matthew Wuest's blog at: metronews.ca/qfiles

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the **Bay**

Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Schools focusing on safety

RAFAEL BRUSILOV
for Metro Canada



Good security is crucial to a safe campus and requires a combination of traditional and technological approaches to make places of study safe for students.

At the University of British Columbia, the growing excitement of the upcoming 2010 Olympic Winter Games has also seen an increase in security preparation through good old-fashioned boots on the ground. UBC has grown staffing levels to about 100 security staff and created a zone-patrolling model where each area of the campus is patrolled on foot simultaneously, 24 hours per day, seven days a week.

UBC campus security director Tony Mahon says his team is always collecting and analyzing statistics on movements of people throughout the school and making changes on-the-fly.

"We do an awful lot of

"We want our students to be our partners and we rely on them as partners in making campus safe."

Gary Jaynes

statistical analysis so that we are ready to strategically deploy people in the right place at the right time," Mahon said.

It certainly can't hurt that the RCMP has kept a 17-person detachment directly on campus for many years at UBC. Still, despite the strong in-person presence of security staff on campus, the school hasn't eschewed the power of technology, operating a digital emergency response system that sends important alerts instantly to students through text and voice messaging and even through instant messaging.

At Humber College in Ontario, technology is at the forefront of security



At the University of British Columbia, there's a digital emergency response system that sends important campus security alerts to students through text and voice messaging, as well as through instant messaging.

with a digital closed-circuit television monitoring system, including more than 200 cameras across campus, including within residences. Combined with regular foot patrols, the camera system means campus security can monitor suspicious activities instantly and be on-site in less than a minute — not bad for a campus that spans more than one mil-

lion square feet.

Most importantly, Gary Jaynes, director of Public Safety at Humber College, says students themselves are a crucial part of the safety picture.

"We want our students to be our partners and we rely on them as partners in making campus safe. I always say we have 18,000 pairs of eyes on campus," Jaynes said.

The school also has about 100 large emergency phone stations dotted throughout campus equipped with cameras and an intercom system that can pick up sounds clearly from up to 50 feet away, letting security staff hear exactly what's happening during an emergency, even if they can't see it directly.

Jaynes says most stu-

dents entering higher education these days are much more knowledgeable about personal safety than previous generations, so Humber gears safety orientations more towards educating students about how to make the most of campus security services.

"The kids coming through from high school are pretty street smart. They're very bright people and my view is very few of them do things wrong — they might just not know how to access important resources," Jaynes said.



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Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on Oct. 6.

High hopes for project

RICHARD WOODBURY
for Metro Halifax

A research project happening in downtown Halifax has high hopes for its work.

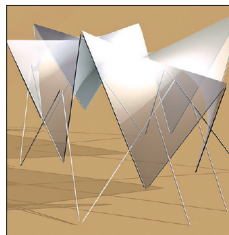
"We're hoping to do something really useful and really change the way people live or improve their quality of life," says Robin Muller of NSCAD University, one of the leaders of the Architextiles Lab (@lab) project.

The collaborative project is also led by Dr. Sarah Bonnemaison from Dalhousie University.

The project is halfway through its three-year time frame developing electronic textiles for architectural applications.

One of the prototypes is the "Cricket" massage enclosure. It's a tent structure with an illuminated ceiling that changes colours as the temperature inside the tent changes.

"I think the idea of an



The "Cricket," left, and glowing window curtains — both prototypes built in the @lab project.

environment responding to what is inside it is really exciting," says Greg Sims, a designer working on the project.

The structure is made with a collapsible frame and the fabric used comes from Spinnaker sails. The lighting comes from LEDs placed on the fabric.

When set up, the structure is 17 feet in length, 11 feet in width and close to seven feet in height. Muller figures the set-up time for the structure will be around 30 minutes.

Despite its size when assembled, in its broken

down state it won't take up a lot of space.

"Our original goal was for it to fit in a ski bag," says Muller.

The Cricket is meant to be used at sporting events. Muller has a daughter who is a sprint kayaker and at these events, the athletes often get massaged in full view of everyone. The Cricket provides the privacy needed to be massaged and it encourages relaxation, says Muller.

It could be just as easily be used in a workplace too.

"More and more health practitioners are going in-

to the workplace and wanting people to relax and they want to do various treatments, but they're at work," says Muller.

Another prototype is a set of glowing window curtains. The hope is that the curtains would absorb solar energy during the day and this would allow the curtains to light up at night. These curtains wouldn't be meant to provide lighting for a room, but rather, they'd provide decorative lighting.

"We're getting closer to solving these power questions," says Muller.

Former deputy minister takes on Dalhousie post

JON TATTIE
for Metro Halifax

Dalhousie University no longer needs to go to Ottawa for expert science, technology and research advice. Iain Stewart has stepped down as Industry Canada's associate assistant deputy minister to become the Halifax university's science and innovation sector assistant vice-president, research.

Stewart says he's spent the past four years of his professional life working to increase federal funding for university research. "Working here at Dalhousie provides the opportunity to look through the other end of the telescope, apply my ideas in a concrete setting, and to roll up my sleeves and directly support researchers with their ambitions," he says. "I believe a research-intensive university like Dalhousie can contribute to the community and the economy in general, and to my home town in particular."

Stewart admits this is his

first job in a university setting, though he did work as a research assistant at Dalhousie's Centre for Foreign Policy Studies as a graduate student. He did his PhD at the University of Toronto and started working as a policy analyst for the federal government after graduating in 1994.

"Since 1999, I have been a manager in the federal system, and so my role has been organizing staff and resources in support of their policy research work. Since 2004, this has focused on policy and funding programs for university R&D," he explains.

Back in Halifax, Stewart says his ambition with his new position is to work with the university to "help support Dalhousie researchers increase the scale, excellence, application and impact of their research in priority areas."

He adds that Dalhousie is one of Canada's more research-intensive universities across a broad range of fields, and he wants to help build the base and deepen research activity.



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Alumnae descend upon the Mount

JON TATTRE
for Metro Halifax



Mystics are descending on Halifax Sept. 18 to 20, as Mount Saint Vincent University holds its annual Alumnae Weekend.

Former students will go on a wine tour, take in a lobster dinner and catch up at the ever-popular Martini Night.

Jill Hurlbert loved the Mount so much she ended

up working there. She's excited to welcome old friends back to campus.

"My experience at the Mount was extremely positive. Some of my best friends today are people I met then," says Hurlbert, who graduated in 1993 with a bachelor in tourism and hospitality management.

After leaving MSVU, she worked in event management in hotels. She now oversees business services

at MSVU, an amalgamation of the book store, conference and the print shop.

"I came back to the Mount in 2000," she says, adding it was "very weird."

"There had been a lot of changes to the campus. Part of the fun of the alumnae weekend is really that: the changes that have happened since you've been here. And some things are very much the same," she laughs.

"But the feeling of being

here, of recognizing some of the staff, that was all the same," she says. "You know that feeling you get when you see people you haven't seen in a long time? It just connects you back to those good feelings, and couldn't we all use some of that?"

Sheldon Miller, president of the MSVU Alumnae Association, is also excited to see his classmates. He graduated with a BBA in 1999. He now works in management consultant with De-

loitte. The former president of the student union says his business degree made for a smooth transition to the working world.

After graduating from Musquodoboit Rural High School, MSVU was the perfect size for Miller.

"It was a good balance to have the small atmosphere, so it wasn't overwhelming to transition to university, but also be in Halifax," he says. "Most of my classes were roughly the same size

Martini Night returns at the Mount Saint Vincent Alumnae Weekend from Sept. 18-20.



as my high school classes, so you really get to know the people in your classes and your profs."

Contact Alumnae Relations at alumnae@msvu.ca, msvu.ca/alumnae, or 457-6433 for more information.

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for Metro Halifax



Campus safety is especially important in a trade school like the Nova Scotia Community College, where students are training on heavy duty — and potentially dangerous — equipment. NSCC expands its safety expertise to the general public via its first aid/CPR Continuing Education course.

Jocelyn Connolly is the training co-ordinator overseeing the course.

"We offer both emergency first aid and CPR, which is a one-day course, and we offer standard first aid and CPR, which is a two-day course," she says.

Many of the students are NSCC students, or would-be students, who require the course as a prerequisite to entering their program.

"We also get people from the general public, from business and industry, who require it for their work-



At the Nova Scotia Community College, safety is paramount.

place health and safety regulations. New parents take the course for CPR and looking after small children," she says. "Generally, the courses cover emergency scene management."

That presumes the first-aid is first on the scene and may have to deal with shock, unconsciousness, choking, cardio-vascular emergencies, bleeding and CPR. The second day goes into bone and joint injuries, chest injuries, wound care, burns and

heat and cold injuries.

Connolly says the training is not only a good idea, but is in fact required for workplaces with more than 20 people per shift. It makes students safer and also more employable.

Robert Sampson, curriculum consultant, trades, central office at NSCC, says working in the trades requires extra vigilance to ensure safety.

"We try to prepare our students for the 'real world,'" he says. "We are

constantly reinforcing safety."

Casual errors, like leaving braces off when building scaffolding because a post is in the way, can lead to serious injury or even death.

"We teach them simple things because people get hurt when they make stupid mistakes," he says. "When we're working in our shop or our compound outside, if there's an incident, a situation where somebody could have been injured, but wasn't, it's like the iceberg. What's sticking out of the water is the accidents, but the close calls are the huge mass underneath."

To learn the easy way, they hold "tool box" meetings after every near-miss to analyze what went wrong and what could be done differently in the future. Sampson says these are class meetings so that everyone can learn from each other's mistakes.

"All accidents are preventable," he says.

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Schools prep for H1N1 flu

As students stock up on school supplies and get ready to hit the books this fall, post-secondary institutions are making preparations of their own, fine-tuning their action plans in the event that H1N1 flu cases surface on campus.

The Public Health Agency of Canada says that under the Canadian Pandemic Influenza Plan, all large institutions — including colleges and universities — are encouraged to have pandemic preparedness plans.

But when it comes to emergency planning, universities are hardly starting from scratch. In fact, many are tailoring existing strategies to address a potential flu outbreak and the possible ripple effects that could have an impact.

Both Montreal's McGill University and Simon Fraser

University in British Columbia had much of their planning done to address another strain of flu — H5N1, or avian flu.

Dr. Pierre-Paul Tellier, director of student health services at McGill, said the university has been much more active since the H1N1 epidemic was observed in Mexico this past spring and later declared a pandemic.

Tellier said there are weekly planning meetings involving individuals representing various groups including human resources, student representatives and communications staff.

They are preparing documents to go out to students arriving in residence telling them what to do if there is an issue surrounding H1N1, how to take care of themselves and where to seek care. In addition, a website is being developed

to provide information.

"The worst part of any of these health crises is not the disease itself," said Tellier. "It's really dealing with the population around who become very anxious and very stressed and that you have to ... constantly clear up issues and matters on an ongoing basis, and that's where a lot of your energy is spent."

Apollonia Cifarelli, director of environmental health and safety at Simon Fraser University, said educating people on infection control has been their primary focus.

In addition to spreading the word about sneezing etiquette and proper hygiene techniques, they are encouraging faculty to do the same by providing information to students and making them aware of health services on campus.



People are infectious two days before they show symptoms, so quarantining them isn't very effective, experts say.

"People are infectious two days before they show symptoms, so quarantining people is really not going to do a heck of a lot," she said from Burnaby, B.C.

"We are reminding people this is really, in essence, this is the flu — it's the seasonal flu," she added. "The main difference is that we have no vaccine for this flu at this point in time."

THE CANADIAN PRESS

SMU workshop explores multi-generational workplaces

CHRISTINA BILUK
for Metro Halifax



Today's management teams are confronted with a group of business challenges that are unique to this generation. For the first time in history, three generations (and in some rare instances, four generations) are employed within the same company.

Shaped by their environment, every generation has its unique work ethic and priority values. One of the areas contributing to this divide is the rise of technology. From the time the first television appeared in

1929, to now, the exponential growth of technology has changed the way we communicate, seek out information and learn.

Communication has always been challenging. However, in the past few years it has become a priority for many managers and business leaders, who are witnessing a divide in the workplace. Each generation has their own way to work, their own motivations and their own preferred way to communicate. With several differing values, opinions and work styles, employers are looking for ways to increase effectiveness and efficiency in the workplace.

To help guide leaders to adapt their management style for each generation, Saint Mary's University has launched a new workshop entitled, "Managing Multi-Generational Workplaces." The workshop leads participants through strategies and sessions that will provide insight on how to lead, share knowledge and motivate these varied team members. The goal is not to change generational values but to recognize the validity of each.

"The course was created because we saw a lot of change in the workforce and knew this was an area people were struggling

with," explains Gerry Martin, program director. "We developed the course to make it hands-on, combining learning modules with practical exercises so participants would get to apply the skills they've learned right away."

The program is designed for supervisors, managers and team leaders who are responsible for a multi-generational workforce.

The two-day seminar is currently available at an early bird price of \$715. Sessions are scheduled for February and May. To find out more visit epd.smu.ca and select Business Management.

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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Moving on is the best revenge

New series helps women get back mojo

The J Spot

Josey Vogels

metronews.ca/thejspot

When you get burned by love, revenge often feels like the best, well, revenge.

But, while gathering the contents of your ex's closet into the middle of the

kitchen floor and dumping the entire contents of the fridge on them may feel cathartic (yes, a friend of mine actually did this), it's a bit — okay, a lot — childish.

The eight women in Re-Vamped, a new series premiering this Sunday on the SLICE Network, are after a more healthy, satisfying and long-lasting type of revenge — self-empowerment. Oh, and the joy

of making your ex crazy when he sees you've learned to become a smokin' burlesque dancer, of course.

Each woman in Re-Vamped has her own relationship horror story: one was dumped on her birthday for her best friend (and cousin); another was rejected by her long-term boyfriend via email while battling cancer. Yet another's 21-year relationship came to a halt when she discovered that her partner was being unfaithful. Ouch.

Given this, these women are above indulging in a little petty ex-bashing, but the main focus of the six weeks in "Camp ReVamp" is to



The J Spot columnist Josey Vogels offers heartbroken women her advice on how to get back into the dating game on Slice network's Re-Vamped series. Catch her in the Oct. 11 episode.

help these women rebuild their lives, their self-esteem and to get back their dating mojo.

I had the pleasure of helping these women with that last bit as a guest expert on episode six in which I coach the women through a speed-dating event and help them polish up their rusty dating skills. Nothing like eight mini-dates during the course of an hour under the watchful eye of me, the

camera and entire film crew to whip you back into dating shape.

The series ends with the women putting on a burlesque show for friends and family and, yes, even some exes. Hey, what good is all that work if you can't rub it in his face a little?

But, most importantly, Camp ReVamp shows that, while this kind of momentary revenge can be sweet, getting your life together

and moving on is much, much sweeter.

Re-Vamped Premieres Sept. 6 at 10 p.m. ET on Slice. Yours truly appears in the Oct. 11 episode.

• Post your best break-up revenge stories in the comments section of The J Spot online at metronews.ca

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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Rambo suiting up again

John Rambo is gearing up for his fifth mission. Sylvester Stallone will star and once again resume directing duties in the followup to his 2008 film Rambo. According to variety.com the plot will revolve around human traffickers and drugs near the U.S.-Mexico border. ANANOVA.COM

Entertainment

EDITOR: DEAN.LISK@METRONWS.CA



Queen Idol

Queen Latifah has dismissed reports she'll be Paula Abdul's permanent replacement on American Idol, but reveals she has signed on to be a guest judge on the hit TV show. FEMALEFIRST.CO.UK

Big night for Daytime Emmys

Future of television a hot topic on red carpet at award show

It was pushing 37 C as nominees made their way down the red carpet before entering the restored — and gloriously air-conditioned — Orpheum Theatre in Los Angeles for the 36th annual Emmy Awards.

"I feel like a roast chicken," noted a glistening Emily O'Brien, nominee as outstanding younger actress in a drama series for The Young and the Restless. "This is like an oven," she said. "I'm almost done."

A bit of heat is one thing daytime television's longtime mainstay, the soap opera, could use these days. Overall viewership has been declining and CBS' Guiding Light leaves

the airwaves in mid-September after 72 years of production, first on radio, then on TV.

The future of daytime television was on the minds of many attendees.

"Daytime television has been evolving," observed Canadian ex-pat Alex Trebek, who was nominated as outstanding game show host for Jeopardy!

"Talk shows are still great ... I look around here and I see Dr. Phil is here, Montel (Williams) is here and Ellen (DeGeneres) is going to be here. These are all very successful daytime talk shows."

Those include The Tyra Banks Show, which took home the Emmy for out-

standing talk show — informative for the second year in a row. "You've got to move and I've totally redone my show from skin and guts — how it looks, feels all the way down to content, because of the changing generation," Banks said.

Soap-opera veteran Susan Lucci said fans shouldn't take the cancellation of Guiding Light as a sign the entire daytime-drama genre is in trouble.

"I think it's like nighttime TV. Just because one show gets cancelled doesn't mean nighttime TV is out the window. But ABC is showing a huge vote of confidence by moving (the New York-based) All My

Children to L.A., they wanted to expand not contract. So I think our situation is a very, very positive one."

The carpet was crammed with actors from Guiding Light, who gathered for a telecast tribute to their show. But veteran Light actor Robert Newman said he's heard nothing. "And, you know, I'm going to be moving forward with my life and career as if it is over," he added. "If something happens, that's fantastic and I'll deal with that when it comes along. But it has been a lot of years, and maybe sometimes things just have to move on."

The last episode of Guiding Light airs Sept. 18 on CBS.



Rachael Ray holds the Emmy Award for outstanding talk show entertainment backstage at the Daytime Emmy Awards.

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9/1/09	31	31	31	ABC	News Center 5	ABC World News	Inside Edition	Chronicle	Crash Course	Shaq Vs. (HDTV) (N)		Primetime
	7	7	7	ASN	The Road to Avonlea	Instant Star	TMZ (N)	America's Got Talent	America's Got Talent (HDTV) (Live)			
	11	11	11	CBC	Wheel-Fortune	Jeopardy!	Rick Mercer	22 Minutes	Being Erica (DVS)	CBC News: The National		The Hour
	2	2	2	CBC-F	Dre Grey, leçons d'anatomie	Des saquelettes	Tout	NCIS Legend	Beautes desespérées (SC)	Bons baisers de France (SC)		Le Téléjournal
	32	32	32	CBS	WBZ News (N)	Evening News	The Insider (N)	Entertainment	NCIS Legend	(10:01) Big Brother 11		NCIS
	69	69	69	CFTM	TVA 18 heures	Sûr-salé	Qui perd gagne (SC)	Fort Boyard (SC)	NCIS Legend	Las Vegas Changements (SC)		TVA 22 heures
	6	6	6	CHF	Entertainment	ET Canada	In Plain Sight	NCIS Legend	(10:01) Big Brother 11	News Final (N)		Market Call
	9	9	9	CJCH	etalk	Hollywood	So You Think You Can Dance Canada	Top 18 (N)	Flashpoint (DVS)	CTV News		Cooper 360
	10	10	10	ELTV	(6) EastLink Magazine			Podium TV	EastLink Television			
	36	36	36	FOX	Deal-No Deal	The Simpsons	Two/Half Men	Two/Half Men	Hell's Kitchen (PA) (N)	More to Love (N)		Fox First
news	12	12	12	NBC	News (N)	NBC News	Hollywood Extra (N)	America's Got Talent	America's Got Talent (HDTV) (Live)			
	29	29	29	NW	World News	Business	CBC News	Mansbridge	CBC News: Tonight	CBC News: The National		Saving Luna
	4	4	4	PBS-B	NewsHour With Jim Lehrer	Business	Greater Boston	La Plaza-Maria	Nova (HDTV) (DVS)	Nova scienceNOW (N)		Independent
	35	35	35	PBS-D	NewsHour With Jim Lehrer	Business Rpt.	Worldfocus	Nova (HDTV) (DVS)	Nova scienceNOW (N)	Nova scienceNOW (N)		History Proj
	68	68	68	TQS	Guerre clans	Wipe Out	Bienvenue	Rire et délire	La Verité choc	Pratique privée (SC)		Wipe Out
	23	23	23	BNN	Business News	Headline	Market Call	Commodities	Workopolis TV	Taking Stock		Market Call
	18	18	18	CNN	Situation Room-Wolf Blitzer	Lou Dobbs Tonight		Campbell Brown (N)	Larry King Live (N)	Cooper 360		Cooper 360
	54	54	54	GOLF	Golf Central	Top 10	Lessons	Inside PGA	The Approach	Top 10		Top 10
	52	52	52	RSE	MLB Baseball: Blue Jays at Rangers		Sportsnet Con.	Poker Equalizer	MLB Baseball Toronto Blue Jays at Texas Rangers (HDTV) (Live)	Score Now		Score Now
	55	55	55	SCOR	Morency	Cabby Unlimit	Score Today	Pimp My Ride	Pimp My Ride	Super Bikes!		Super Bikes!
sports	45	45	45	SPD	Unique Whips	Pimp My Ride	Pass Time	Pimp My Ride	Pimp My Ride	Super Bikes!		Super Bikes!
	53	53	53	TSN	Off the Record	SportsCentre	Tennis U.S. Open, Men's & Women's First Round (HDTV) (Live)					
	43	43	43	FAM	Zoe 101	Life Derek	Wizards-Place	Han, Montana	Zack & Cody	Latest Buzz		Wizards-Place
	44	44	44	TOON	Ben 10	Johnny Test	Jimmy 10	Total Drama	6TEEN	Futura		American Dad
	26	26	26	TREE	Wonder Pets	Big & Small	Backyardigans	Night Grdn	Max & Ruby	Franklin		Maggie-Beast
	27	27	27	YTV	iCarly	iCarly	Drake & Josh	Prank Patrol	The Penguins	Malcolm-Mild.		Family Biz
	16	16	16	A&E	CSI: Miami (HDTV)	Criminal Minds (HDTV)	Wings-Canada	Tears	The First 48	The First 48 (HDTV) (N)		The Cleaner
	70	70	70	APTN	APTN National News (N)				Chiefs-Champ	Tribal Treks		Milestones, Memories, and Moving Forward
	50	50	50	BET	106 & Park: BET's Top 10 Live Hosea Sanchez				A Low Down Dirty Shame * (1994, Action), Jada Pinkett			Frankie-Neffe
	37	37	37	BRVO	Wind at My Back	Raising Valhalla			At the Concert Hall	Bowfire		Bowfire
family	25	25	25	CMT	Cross Canada Countdown				Home Improve.	Home Improve.		Reba
	49	49	49	COM	Laughs	Comedy Now	Air Farce	22 Minutes	22 Minutes	Comedy Now		The Simpsons
	153	153	153	COURT	Killer Next Door		World's Wildest Police Videos		Cops Uncut	Dumb Criminal		Surviving-Moment of Impact
	38	38	38	DISC	Destroyed	Destroyed	Daily Planet (N)		How It's Made	How It's Made		Destroyed
	34	34	34	HGTV	Holmes on Homes	House Hunters	Property Virgin		How It's Made	How It's Made		Destroyed
	46	46	46	HIST	Ultimate Engineering		Ancient Discoveries		Cities of the Underworld	Cities of the Underworld		Engineering
	17	17	17	MM	Starmaker	One Tree Hill			Video on Trial	Love Court		Starmaker
	19	19	19	MMM	mmtp10.ca	The Daily Fix			Ranked!	Wild 'n Out		Wild 'n Out
	201	201	201	M1	(6:30) Things We Lost in the Fire		White Tuft, the Little Beaver (2008)			Beverly Hills Chihuahua (2008, Comedy)		Bowfire
	48	48	48	QLN	Mantracker		Ghost Hunters		Dog the Bounty Hunter	Survivorman		Ghost Hunters
cable variety	51	51	51	PEACH	Seinfeld	Friends	Family Guy	Family Guy	House-Payne	House-Payne		Set It Off *** (1996, Action)
	206	206	206	PIX	(6:15) U2 Rattle and Hum		(8:15) Hank Williams First Nation ** (2005)		Grands reportages (SC)	Termination Point (2007, Suspense)		Jason Priestley
	67	67	67	RDI	RDI monde	RDI économie	24 Heures en 60 minutes		Grands reportages (SC)	Termination Point (2007, Suspense)		Jason Priestley
	39	39	39	SHOW	Trailer Park	Trailer Park	The Outer Limits		Rich Bride, Poor Bride	Rich Bride, Poor Bride		Rich Poor
	40	40	40	SLICE	So Chic	Skin Deep	Til Debt-Part		Star Trek: Voyager	Star Trek: Voyager		Ghost Hunters
	47	47	47	SPACE	Stargate SG-1 (DVS)	Stargate Atlantis	Stargate Atlantis		Deadliest Warrior (HDTV)	Deadliest Warrior (HDTV)		Surv. Disaster
	14	14	14	SPiKE	Deadliest Warrior (HDTV)	The Ellen DeGeneres Show	TMZ (N)	Hollywood	Look-A-Like	Look-A-Like		Tonight Show
	97	97	97	STAR	etalk	Hollywood	Ultimate Cake Off		Jon & Kate Plus 8	18 Kids-Count		18 Kids-Count
	21	21	21	TLC	What Not to Wear	Prod. Parker	70s Show	70s Show	The Outer Limits	ET Canada		Switch
	56	56	56	34 TROP	Prod. Parker	Prod. Parker	Zoom animal		Sur les pas de Jules Verne Sur les traces des héros de Verne.	Quantum Leap		Medicine Wmn
cable variety	20	20	20	TVS	Que-champion	Journal de Fr2	Murder, She Wrote		Missing	The Closer "LA Woman"		Da Vinci Inquest
	28	28	28	V	Mysterious Ways	Da Vinci's Inquest	Judging Amy		Friends	Style by Jury		Style by Jury
	60	60	60	97 VIVA	Style by Jury	Style by Jury	Old Christine	Friends	Style by Jury	Style by Jury		Style by Jury
	22	22	22	W	Be-Millionaire	Evening News	Two/Half Men	Family Guy	MLB Baseball Houston Astros at Chicago Cubs (HDTV) (Live)			Naked
	251	251	251	WGN								

critics' corner

Cities of the Underworld
No, it doesn't mean a trip to Hades or cities frequented by mobsters. In places that have been around for a while, there are layers of civilization. In this series, which begins a new season tonight, structures built underground are examined — including dungeons, tombs, hideouts and shipwrecks. Beyond just locating them, this doc also takes a look at the engineering involved in building one city on top of another. Don Wildman hosts. 10 PM on HISTORY



Bowfire
If you think violins are boring and fiddles are for honky-tonk bands, this special will change your mind. Bowfire is an ensemble that does for strings what "Lord of the Dance" did for Irish dancing — turning it into a high-energy show with a little dance, a little drama and a whole lot of great tunes from all over the genre map — jazz, Celtic, bluegrass, classical and more. Just watch. 10 PM on BRAVO

The Cleaner
At the behest of an attorney, William (Benjamin Bratt) tries to help a champion boxer with an alcohol problem get clean in time for a big match, but William and his team discover that the boxer's wife has a bigger addiction problem than he does. Henry Simmons and Paola Turbay guest star in the new episode "Standing Eight." 11 PM on A&E

The Hills is losing another resident: Audrina Patridge. "I'm almost done with The Hills. We're in the middle of finishing these episodes, and I'll be leaving then," usmagazine.com quotes her as saying. **METRO NEWS SERVICES**

Celebrity Buzz

DJ AM's last hours revealed

LAST MOMENTS The pieces are still being put together to identify the cause of Adam (DJ AM) Goldstein's death, but a police source tells People that on Friday, Aug. 28 — the day he was later discovered dead in his Manhattan apartment — the celebrity DJ had sent his last text message to two friends at 1 a.m.

People.com reports the subject of his message was his scheduled Las Vegas gig that very Friday night at the Rain

Nightclub in the Palms Hotel — but he never made it.

Sixteen hours after Goldstein texted, a friend called 911 because Goldstein had failed to answer his cellphone and, when it was time for him to leave for his flight, his two travelling companions could not reach him.

After the NYPD broke down the door to his SoHo apartment, says a police

source, they found the lifeless Goldstein in bed, wearing sweatpants, and a crack pipe nearby. They also discovered a half bag of crack cocaine and prescription drugs.

On Saturday, the New York City Medical Examiners office announced that after an initial autopsy proved "inconclusive," more tests, including a toxicology report that might require weeks, would be performed.

Goldstein, who often talked about his past struggles with drug abuse, claimed he had been off drugs for 11 and a half years. **METRO NEWS SERVICES**

Elton can't remember his lyrics?

ABSENT-MINDED Elton John can't seem to remember the words to his 1970 hit "Your Song," ananova.com reports.

An autocue was hidden in a flower arrangement at a private birthday party in Monaco, a partygoer said.

Even the first line, "It's a little bit funny, this feeling inside," was on a teleprompter. John's rep said the autocue was used to show the setlist.

METRO NEWS SERVICES

I still love Rihanna: Chris

OPENING UP It's been six months since the Grammy Awards weekend when Chris Brown and Rihanna got into a late-night fight that left Rihanna bruised and bloodied and her R&B star boyfriend surrendering to Los Angeles police, people.com reports.

Since then, Brown, 20, has pleaded guilty to felony assault and was sentenced last week to five years' probation.

And now, he is ready to speak: On Aug. 26, the musician sat down with People for his first interview and — as his mother Joyce

Hawkins, a victim of domestic abuse herself, sat nearby — opened up about his shame over that "terrible" night, his enduring love for Rihanna and why he swears he'll never hit a woman again.

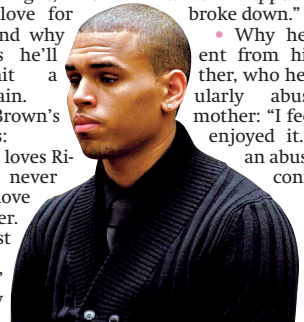
Among Brown's revelations:

- He still loves Rihanna: "I never fell out of love with her. That just wouldn't go away."
- How

he felt right after the assault: "I was distraught ... I went to my mom on the same night and told (her) what happened and broke down."

• Why he's different from his stepfather, who he says regularly abused his mother: "I feel like he enjoyed it. He was an abuser. It was continuous."

METRO NEWS SERVICES



Macaulay father to Blanket?

BIZARRO Since Michael Jackson's death, there's been a swirl of gossip around the paternity of his children. Often, it's just he-said, she-said, but popeater.com is reporting a British paper suggests Macaulay Culkin may be the father of one of Jackson's kids.

The Sun, citing unnamed, unverified sources, claims the actor may be the father of Jackson's son Prince Michael II, a.k.a. Blanket. Culkin, now 29, is said to have donated sperm. Culkin has not released a statement.

METRO NEWS SERVICES



Heidi's got baby on the brain

FIRST COMES LOVE... Heidi Montag is reportedly prepared to reproduce, but her husband, Spencer Pratt, is not quite ready for fatherhood, according to his sister, Stephanie Pratt.

"Heidi is the one with the baby fever," Pratt told MTV News. "Basically, Heidi got married; (then) she's like, 'Oh my God, what do I do?' I really feel like she went to a bookstore and saw Newlyneds: The Wife's Edition, and so now she's like, 'I still want to get a house with a white picket fence ... and then probably a dog, and then we'll move on to kids. And I want to take cooking lessons.'"

METRO WORLD NEWS



Jayde to press charges in fight?

REPERCUSSIONS Reality TV star Brody Jenner's girlfriend, Jayde Nicole, has reportedly filed a complaint with police and is planning to press charges against Girls Gone Wild cre-

ator Joe Francis after he allegedly attacked her, according to Radar Online.

Nicole reportedly suffered a bruised cheek, a swollen face, a bruised left rib and a sore lower abdomen.

METRO WORLD NEWS



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SEPTEMBER 18

IN THEATRES SEPTEMBER 18

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metro

Celebrity tweets

Jamie Kennedy doesn't know how to deal with people hitting on **Jennifer Love-Hewitt**, **Paris Hilton** hits the Strip in mourning, and **Ashton Kutcher** tastes international flavours

• @jamiekennedy wtf???? some guy says to my girl last night she's his celebrity exception. Thats nice but what am i supposed to do, say go to the bathroom?

• @parishilton Vegas isn't the same without DJ AM spinning on the decks. He was such an incredible DJ, he was a musical genius. I miss him so much :(

• @aplusk There's a German in my kitchen making strudel.

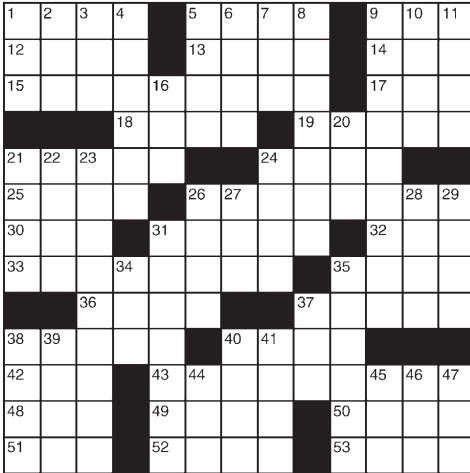
METRO WORLD NEWS





For more delicious Metro recipes, visit: metronews.ca/food

Take Five



ACROSS

1 Antelope's playmate
5 Stinging insect
9 Police officer
12 Leer at
13 Cake topper
14 Sapporo sash
15 Group with a job
17 Swab the decks
18 Picnic invaders
19 Hamstrings
21 Doesn't have
24 Staffer
25 Lotion additive
26 Non-noble
30 Doctrine
31 Lions' prides
32 Spy novel org.
33 Subway patron
35 Actress
36 Lhasa —
37 Burdened
38 Mold and mildew

40 Yoked team
42 Moreover
43 Town
48 Altar affirmative
49 Neighbourhood
50 A Great Lake
51 Angeles preceder
52 Eye part
53 Lairs

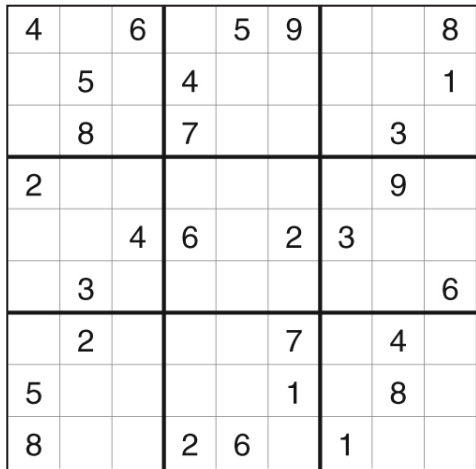
DOWN

1 "What's up, —?"
2 Id counterpart
3 Shady tree
4 Unoriginal movie?
5 Skater Katari-na
6 Performances
7 Witness
8 Earlier bouts
9 Began
10 Reed instrument
11 Gladys
Knight's backup
16 — and outs
20 Commotion

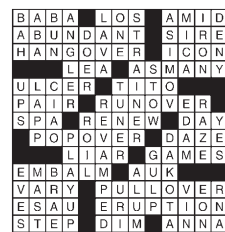
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



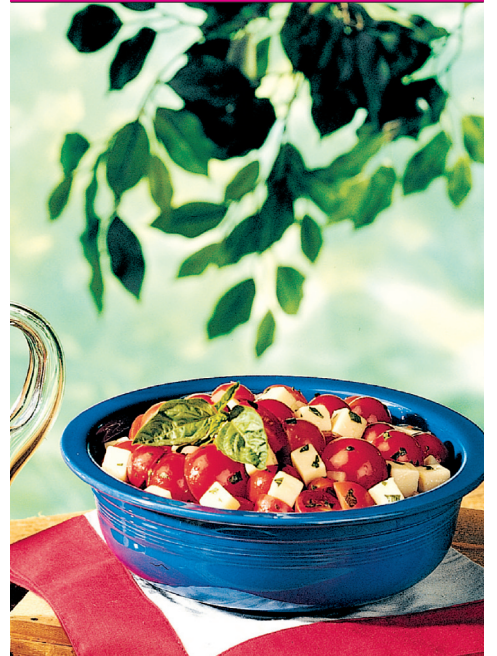
3	5	6	1	2	9	4	7	8
1	4	7	8	3	6	2	5	9
8	2	9	7	4	5	6	3	1
9	7	2	3	8	4	5	1	6
6	1	3	9	5	7	8	2	4
5	8	4	6	1	2	7	9	3
7	6	5	4	9	3	1	8	2
2	3	1	5	6	8	9	4	7
4	9	8	2	7	1	3	6	5

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



Tomato Mozzarella Salad

INGREDIENTS:

1/4 cup (50 ml) red wine vinegar
1 garlic clove, minced
1/2 tsp (2 ml) salt
Pepper to taste
2/3 cup (150 ml) olive oil
1 basket cherry tomatoes, halved
1-1/2 cups (375 ml) cubed mozzarella cheese
1/4 cup (50 ml) chopped onion
3 tbsp (45 ml) minced fresh basil

METHOD:

1. In small bowl, combine

vinegar, garlic, salt and pepper. Whisk in oil until well blended. Add remaining ingredients; toss to coat.
2. Cover and refrigerate 1 hour, stirring occasionally. Remove with slotted spoon to serving dish.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES MARCH 21-APRIL 20



No matter how much you want to believe someone is being honest with you the planets warn that may not be the case. Don't take too much on trust.

LIBRA SEPT 23-OCT 23



There's lots of pressure on you and it's likely to continue until the end of the month. But in a way that's good because it will force you to toughen up.

TAURUS APRIL 21-MAY 21



You may find it hard to be reasonable today, especially if someone you have to deal with is clearly dragging their feet. But don't lose your cool.

SCORPIO OCT 24-NOV 22



Someone you're close to needs to be reminded they can't always have things their way. Tell them plainly what may happen today, and why it's no big deal.

GEMINI MAY 22-JUNE 21



Someone you are working with may try to take liberties today and you won't be amused. Bide your time and don't hit back, at least not immediately.

SAGITTARIUS NOV 23-DEC 21



Pluto in your sign is giving you big ideas, but with mind planet Mercury strong as well some of those ideas may be a bit too big to do anything with.

CANCER JUNE 22-JULY 22



If you allow yourself to get worked up about something that's not important today you may miss out on something important later in the week.

CAPRICORN DEC 22-JAN 20



Focus on positive things today: If you allow negative thoughts to influence you it may be hard to get rid of them. Don't let fear get a hold.

LEO JULY 23-AUG 23



You will leave no one in doubt about where you stand on the issues of the day. It's okay to be forceful but don't try to impose your views on other people.

AQUARIUS JAN 21-FEB 18



If you encounter hostility from a friend or a colleague today you would be wise to back off. Is there a principle at stake? No, so don't make an issue of it.

VIRGO AUG 24-SEPT 22



You should know by now that letting others in on what you are thinking is not always a good idea. Some things are best kept to yourself.

PISCES FEB 19-MARCH 20



Other people's opinions may drive you crazy but you won't change them by pointing out how stupid they are. Listen to what they have to say.

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Today in history

SEPT. 1, 1905: Alberta and Saskatchewan join the Canadian confederation.
SEPT. 1, 1914: The last passenger pigeon, a female named Martha, dies in captivity in the Cincinnati Zoo.
SEPT. 1, 1939: Second World War — Nazi Germany attacks Poland, beginning the war in Europe.
SEPT. 1, 1980: Terry Fox's Marathon of Hope ends in Thunder Bay, Ont.
SEPT. 1, 1982: The Canadian Charter of Rights and Freedoms is adopted as part of the Constitution.
SEPT. 1, 1985: A joint American-French expedition locates the wreck of the RMS Titanic. **METRO NEWS SERVICES**

WORDY GURDY®

BY TRICKY RICKY KANE

1. One who illegally takes a fall faller (1)
2. Approaches singer Britney (1)
3. Show disdain for smut mags (1)
4. Small-minded oil baron John Paul (2)
5. Latter-day Saint entrance attendant (2)
6. Yellowbelly took a bath alternative (2)
7. Pleasure-sailing bad-winner behavior (2)

ANSWERS: 1. LEAFY 2. NEARS 3. SCORN 4. PONY 5. PETTY GETTY 6. COWARD 7. BOTTING GLOAVING

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Quick getaways from \$527



DEALS to EUROPE

London

Hotel Ibis London
Earls Court • 3 ★
Breakfast • Standard rm.
Oct. 4, 15, 18, 22 & 27 • 3 nts.

\$527

Taxes & fees: \$394

Paris via Toronto / Montreal

All Seasons

Paris Gare Est • 3 ★
Breakfast • Standard rm.
Oct. 1, 4, 7, 15, 16, 23 & 29 • 3 nts.

\$657

Taxes & fees: \$406

DEALS of the WEEK

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Disney's Pop
Century Resort • 3 ★
Breakfast
Special offer standard rm.
Nov. 5, 11 & 12
5 nts.

\$1099

Taxes & fees: \$150

Punta Cana via Toronto

Occidental Grand
Punta Cana • 4 ★
All-Inclusive • Junior suite
Sept. 12-26 • 1 wk.
Upgrade to the Royal Club luxury
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\$659

Taxes & fees: \$323

Samana via Toronto

Gran Bahia Principe
El Portillo • 4 1/2 ★
All-Inclusive • Standard rm.
Sept. 6-27 • 1 wk.

\$699

Taxes & fees: \$323

Santa Clara via Montreal

Meliá Las Dunas • 4 ★
All-Inclusive • Standard rm.
Sept. 6-27 • 1 wk.

\$729

Taxes & fees: \$213

Jamaica via Toronto

Sunset Beach
Resort & Spa • 3 1/2 ★
All-Inclusive
Resort view rm.
Sept. 10-13 & 15-30 • 1 wk.

\$849

Taxes & fees: \$277
Please add \$50 for Sat. & Sun. departures

Cancun / Riviera Maya

Occidental
Grand Xcaret • 4 1/2 ★
All-Inclusive • Deluxe rm.
Feb. 21 • 1 wk.

\$1099

Taxes & fees: \$260

Barbados via Toronto

Hilton Barbados • 4 1/2 ★
Oceanview rm.
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Taxes & fees: \$190

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